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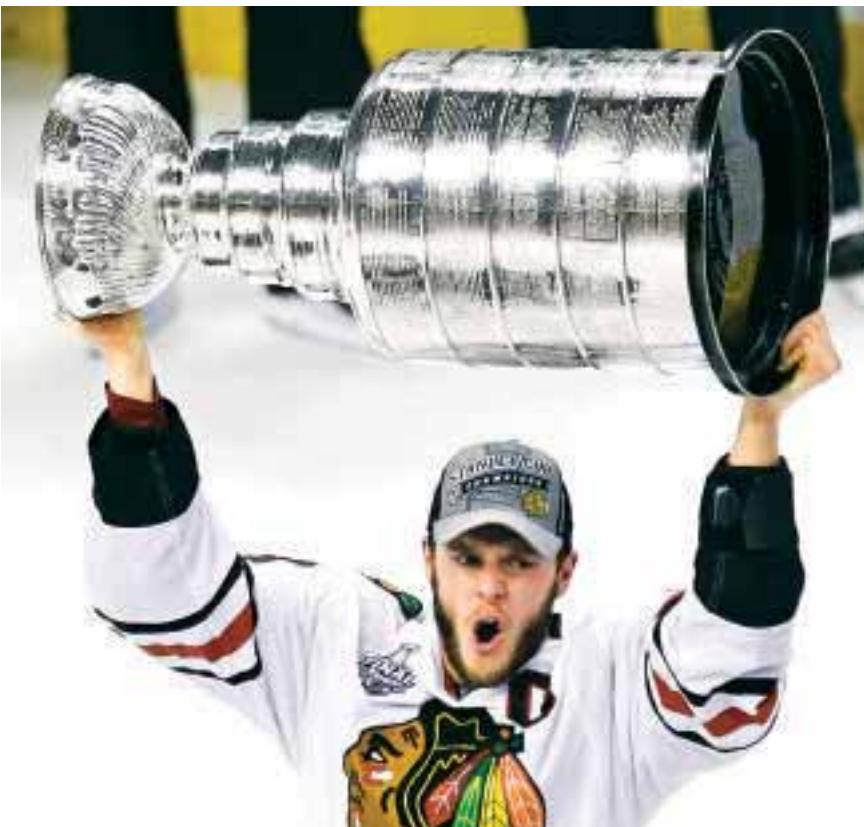
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WTC.MB.CA 204.989.6500**TOEWS HOISTS THE CUP**

The Chicago Blackhawks' Jonathan Toews hoists the Stanley Cup after defeating the Boston Bruins 3-2 in Game 6 to win the NHL final, Monday, in Boston. More coverage, page 22.

CHARLES KRUPA/THE ASSOCIATED PRESS

**City backs closure
of public lane
for new skyscraper**

In writing. Concerns of neighbouring businesses about access, traffic flows to be addressed

BERNICE
PONTANILLA
bernice.pontanilla@metronews.ca**Project W**

Architect Ray Wan said Project W includes six floors of condos, 15 floors of hotel rooms, an indoor swimming pool and fitness centre, open roof terrace, grand ballroom, lobby, and public areas such as a restaurant and shops.

Plans to close a public lane for a new 29-storey hotel and condo tower steps from Portage and Main got support from a city committee on Monday.

Construction on the building, dubbed Project W for now and located between 201 Portage Ave. and Whiskey Dix bar, is expected to get underway in August, but for the project to go forward, parts of a back lane between Main

and Albert streets would need to close.

Dan Edwards, president of Creswin Properties, said they're "very encouraged" after members of the downtown development committee voted in favour of the city's recommendation to allow the closure to go forward.

"It's key — key because we want to make sure the experience for (visitors, hotel

guests and condo owners) is the right kind of experience when they come and leave the facility," he said.

Edwards wouldn't give a price tag for the building, which currently has a completion date of fall 2015.

The city's recommendation came with a condition that neighbouring building owners also agree in writing to the plan.

One of those on the list is Matt Cornelsen, who owns the Hammond Building at 61 Albert St.

He said he's not against the proposed development, calling it a "fantastic" addition to downtown, but he has concerns over access to his loading dock and traffic flows.

"Will it turn into a thoroughfare?" he asked, adding that he's satisfied with the process the city is employing.

"I feel good about it."

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Inkster-Faraday

Three teens rob Winnipeg man at gunpoint: Cops

A trio of teenagers robbed a man at gunpoint in the Inkster-Faraday neighbourhood Saturday, police said.

According to Winnipeg police, the man was walking in the area of Machray Avenue and Parr Street at about 3 a.m. when three teenage boys rode up from behind on bicycles. One teen allegedly asked for cigarettes, then money. At that point, another teen pulled out a gun and pointed it at the man, police said. The boys allegedly stole the man's money and rode away.

Police are looking for three aboriginal males, 15 to 17 years old and five-foot-five to five-foot-nine, with skinny builds.

Anyone with info is asked to call 204-986-2848. **METRO**

Critical condition

Man shot on Wolseley: Police

Winnipeg police say a man is in critical condition after shots rang out Monday morning on Wolseley Avenue.

Police were called to the scene at Sherbrook Street and Wolseley Avenue at about 1:30 a.m. after a call came in about the sound of shots fired.

There, they found a man who had been shot, police said. He was taken to hospital in critical condition. Members of the major-crimes unit are investigating. **METRO**



Akim Kambamba of the African-Canadian Foundation says a decision by a city committee to allow a parking lot on Hargrave to continue functioning has given his community a boost. BERNICE PONTANILLA/METRO

African centre gets a 'lot' of help

Hargrave. Surface parking lot allowed to continue but community given 2 years to get shovels in the ground



BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

The sun has not set on the Winnipeg African community's dream of building their own centre — though it does now have a two-year time limit.

The city's downtown development committee on Monday voted to allow a surface parking lot at 370 Hargrave St. to continue functioning until June 30, 2015. Called a "sunset clause" by councillors, it came after pleas from representatives of the African-Canadian Foundation.

ACF president Akim Kambamba asked councillors for their patience as the community aims to round up funds for an \$18-million multi-use housing and commercial project on land that used to be the Young Men's Hebrew Association.

"The project is meant to bring the African community together and to make this a gathering place not only for Africans but other Canadians," said Kambamba after the meeting.

Landowner Arni Thorsteinson said had his appeal been rejected, he would have been forced to pave the gravel parking lot and add drainage and lighting, the costs of which he'd have added to the price of the land he'd be selling to the ACF.

"We're very appreciative of the city to give us some addi-

tional time to work with the African community to try and complete a successful development of the property," he said.

The lone councillor to vote against the appeal was Jenny Gerbasi (Fort Rouge-East Fort Garry), who said she felt the African community was being "held hostage."

Kambamba said the problem is one of timing, since they embarked on trying to acquire this land only three years ago, while the lot has been there longer.

"I don't think anybody was being held hostage," he said.

On the lam. Winnipeg cops searching for sex offender

Winnipeg police are looking for a man they say is a high-risk sex offender. Casey Clinton Dumas, 41, has done time for sexual assault and violating his probation. Police said he is at high risk to re-offend.

Dumas is described as aboriginal, five-foot-11 and 181 pounds, with black hair and brown eyes.

This is not the first time Dumas has violated his probation and had to be tracked down. Winnipeg police put out a similar notice on April 26, 2010.

Dumas's past crimes include



Casey Clinton Dumas CONTRIBUTED

sexual assault, aggravated sexual assault, breaking-and-entering and forcible entry.

Anyone with information is asked to contact the Integrated High Risk Sex Offender Unit at 204-984-1888. **METRO**

World heritage bid

UNESCO defers decision on Man.-Ont. forest

It will be at least another year before UNESCO decides whether to grant special recognition to a vast stretch of boreal forest along the Manitoba-Ontario boundary. At its annual meeting, a committee asked Canada to refine its submission. Groups have raised questions about whether it's unique enough to warrant a designation.

The provinces have poured millions of dollars into the bid. **THE CANADIAN PRESS**

As simple as ABC. New Manitoba report cards to use plain language

A new style of report cards that parents will receive this week will use plain language and be more comprehensive, says Manitoba's education minister.

"We know that children do better in school when their parents are full partners in their education. The new report card is a communication tool that gives parents consistent, clear information about how well their children are learning, what steps students can take to improve

and what parents can do to help," said minister Nancy Allan.

The new cards have three formats — one for Grades 1 to 6, one for Grades 7 to 8 and one for Grades 9 to 12.

The new report card will have information about academic achievement and learning behaviours.

Older teens will also get a progress report on how many more credits they need to graduate.

METRO

'Cash cards' offered to Alberta flood victims

Commuter troubles.

Calgary's LRT tracks suffer damage 'never seen' before, official says

JEREMY NOLAIS &
ROBSON FLETCHER
Metro in Calgary

Alberta's premier pledged an extra \$1 billion Monday on top of \$200 million already budgeted for disaster relief as a preliminary source of funds for flood-affected residents across the province.

"I promise you, on behalf of the Government of Alberta, that we will do everything that it takes to ensure that people can rebuild their homes and rebuild their lives and rebuild their communities," Alison Redford told reporters in Calgary.

Water began spilling over banks in Alberta on Thursday, affecting nearly 30 commun-

ties through the weekend and into Monday. Even as cleanup efforts began, residents in towns such as High River faced uncertainty over when they would be able to return home.

Money for victims will begin flowing to evacuees in about 48 hours in the form of "cash cards" to help people who may have fled their homes without access to banking, Redford said.

She added that the government will provide preloaded debit cards to displaced residents to help with their immediate housing needs and day-to-day purchases.

Those who qualify will receive \$1,250 per adult and \$500 per child.

Federal Immigration Minister Jason Kenney also said the Conservative government was in contact with the insurance industry about damage sustained in the flooding and the hope is companies will respond in "an appropriate way."

WITH FILES FROM THE CANADIAN PRESS

Seven years in prison

Berlusconi convicted in sex-for-hire-trial

A Milan court on Monday convicted former Italian premier Silvio Berlusconi of paying for sex with an underage prostitute during infamous "bunga bunga" parties at his villa and then using his influence to try to cover it up.

Berlusconi, 76, was sentenced to seven years in prison and barred from public office for life — a

sentence that could mean the end of his two-decade political career. However, there are two more levels of appeal before the sentence would become final, a process that can take months.

Berlusconi holds no official post in the current Italian government, but remains influential in the uneasy cross-party coalition that emerged after inconclusive February elections.

Both he and the Moroccan woman at the centre of the scandal have denied ever having sex. THE ASSOCIATED PRESS



A cyclist and road crew survey the washed-out northbound lanes of MacLeod Trail in Calgary on Monday. THE CANADIAN PRESS

B.C. mariner gets 4 years in prison

The mariner who was navigating the Queen of the North passenger ferry when it ran aground and sank off the coast of northern British Columbia, killing two passengers, has been sentenced to four years in prison.

Karl Lilgert, 59, was convicted last month of criminal negligence causing the deaths of Gerald Foisy and Shirley Rosette, who vanished when the Queen of the North missed a routine turn and collided

with a remote island in March 2006.

Judge Sunni Stromberg-Stein said Lilgert's relationship with quartermaster Karen Brikker — who was the only other crew member on the bridge when the ship struck land — was a significant factor in the crash.

It was their first time working alone together since their relationship ended several weeks earlier, and the intimate details of the affair were laid

bare during the trial.

"Clearly, he was distracted by personal issues related to his relationship with Ms. Brikker," Stromberg-Stein said as she read her sentencing decision on Monday in B.C. Supreme Court.

"I do not need to speculate on what Mr. Lilgert was doing on the bridge that night. I know what he was not doing. He was not doing his job."

Last week, the Crown recommended a six-year prison

Restoring downtown
Major power grid likely out till Tues.

In Calgary focus shifted to restoring the downtown core, but the power grid likely won't be restored until Tuesday evening, officials said.

Even when work does restart, the city faces the prospects of operating without its south LRT transit line, which sustained damage "never seen" before as water rushed into the city on Friday, said Calgary Transit director Doug Morgan.

Morgan said officials were gunning to reopen the line in time for the start of Calgary Stampede on July 5.

But the lasting effects of damage in smaller communities will be felt much longer, Premier Alison Redford warned.

"When we talk about what's going to happen, we're talking about a 10-year plan. And we're committed to make sure that we take that time to do it right."



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Transit Tuesday



Weekly Transit News Update

GET READY TO RIDE FOR FREE

This Thursday at 8 p.m., the Blue Bombers kick off their first regular season game at Investors Group Field against the Montreal Alouettes. Bomber fans are encouraged to take advantage of FREE transit for Bomber Home Games. Just show your valid Game Day ticket and ride for free on any of the following Winnipeg Transit services (including Handi-Transit) to/from Investors Group Field, courtesy of Manitoba Public Insurance. This free offer is in effect starting two hours before Game Time until end of service.

PARK & RIDE SUPER EXPRESS SERVICE

Tackle your parking problems by leaving your car at a Park & Ride location near your home or office and enjoy free non-stop transit service to/from Investors Group Field. For Park & Ride locations visit winnipegtransit.com or call 311.

BLUE & GOLD SUPER EXPRESS SERVICE

Our seven Blue & Gold Express routes provide direct service to Investors Group Field from most suburban areas including Garden City, East Kildonan, Transcona, St. Vital, St. Norbert and St. James.

RUNNING BACK SHUTTLE

The free Running Back shuttle operates in a loop that includes Chancellor Matheson, Pembina Highway and University Crescent to Investors Group Field. The free shuttle service starts 1 hour and 45 minutes before Game Time and buses run about every 5 minutes.

161 STADIUM SERVICE

Fans in the downtown area can hop on the 161 Stadium Service to Investors Group Field. The service starts operating from Balmoral Station approximately 90 minutes before Game Time and buses run about every 5 minutes.

REGULAR TRANSIT SERVICE

Don't forget, you can ride for free on any Regular transit bus that serves the U of M/IGF or to connect with any of the above services. Just show your Game Day ticket when boarding and ride for FREE. This offer is valid until end of service.

We hope you enjoy the game, and remember to hang onto your Game Day ticket for your return trip. For complete route and schedule information, visit winnipegtransit.com or call 311.

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Design your own doughnut. Jason Priestley will help judge Tim Hortons contest

Vancouver-born celebrity Jason Priestley will help Tim Hortons pick the winner of a contest it has launched asking Canadians to design a new doughnut.

The competition offers a \$10,000 grand prize to the person who designs its next pastry, using a website and Facebook page dubbed Duelling Donuts.

Priestley had a cameo in an episode of the sitcom *How I Met Your Mother* last February that played on the idea of a Canada obsessed with Tim Hortons.

The episode featured a faux documentary where Priestley bragged about his role in the creation of a new doughnut called the Priestley. Tim Hortons later made the doughnut by stuffing a chocolate Timbit inside a strawberry-vanilla doughnut.

Tim Hortons says it hopes to find similarly original doughnut ideas, asking the public to

Faux doughnut



The Priestley TIM HORTONS

- The Priestley, a fictional doughnut featured on an episode of *How I Met Your Mother*, was a chocolate Timbit stuffed inside a strawberry-vanilla doughnut.

try to beat the Priestley.

Priestley and a panel of other judges will choose eight finalists from the entry pool, open until July 21, before the public votes on a winner in August. **THE CANADIAN PRESS**

Beijing. U.S. factory boss held hostage by workers demanding severance

An American executive said Monday he has been held hostage for four days at his medical supply plant in Beijing by scores of workers demanding severance packages like those given to 30 co-workers in a phased-out department.

Chip Starnes, 42, a co-owner of Coral Springs, Fla.-based Specialty Medical Supplies, said local officials had visited the 10-year-old plant on the capital's outskirts and coerced him into signing agreements Saturday to meet the workers' demands, even though he sought to make clear that the remaining 100 workers weren't being laid off.

The workers were expecting wire transfers by Tuesday, he said, adding that about 80 of them were blocking every exit

around the clock and depriving him of sleep by shining bright lights and banging on windows of his office. He declined to clarify the amount, saying he wanted to keep it confidential.

"I feel like a trapped animal," Starnes said on Monday from his first-floor office window, while holding onto the window's bars. **THE ASSOCIATED PRESS**



Chip Starnes THE ASSOCIATED PRESS

Toronto

Barrick cuts 100 corporate jobs

Barrick Gold Inc. is laying off about 100 corporate staff, mostly from its Toronto headquarters, as it struggles with falling gold prices and a number of internal challenges. Staff were told last week layoffs were coming. **THE CANADIAN PRESS**

New York

New Samsung tablets mimic Galaxy phones

Samsung is making its tablet computers look more like its hit Galaxy phones. The three new tablets in the Galaxy Tab 3 series go on sale in the U.S. on July 7. **THE CANADIAN PRESS**

HBC eyes Saks Inc. purchase

Quoted

"It would be a good strategic step. It would widen their brand presence, obviously, and could certainly provide the entry into Canada for Saks."

Retail consultant Wendy Evans

stores would also likely stay open under the Saks name.

Department store owner Hudson's Bay Co. is looking to expand its presence in the U.S. with the purchase of high-end retailer Saks Inc., says a source close to the potential deal.

Hudson's Bay has been eyeing the beleaguered American department store chain for the past few months, they said.

HBC is "always looking for stuff like this," said the source Monday, who spoke on the condition of anonymity.

"(Chief executive) Richard Baker is always looking to add value and look for growth."

HBC declined to comment on the report.

Morningstar analyst Paul Swinand said rumours about Saks being sold to various buyers have circulated for at least a year. **THE CANADIAN PRESS**



Rumours about Saks being sold to various buyers have circulated for at least a year, according to Morningstar analyst Paul Swinand. **THE ASSOCIATED PRESS FILE**

Market Minute

TSX
11,836.86 (-158.80)

OIL
\$95.18 US (+\$1.49)

GOLD
\$1,277.10 US (-\$14.90)



DOLLAR
95.37¢
(-0.27¢)

Natural gas: \$3.74 US (-3¢)
Dow Jones: 14,659.56 (-139.48)

KIMYE PUT DAUGHTER ON THE MAP

Kim Kardashian and Kanye West shocked the world last week when they rejected Kardashian family tradition and decided not to give their daughter a name starting with the letter K. Instead, the new celebrity parents decided to go in a different direction (pardon the pun) and name their baby girl North West — effectively turning the announcement of their newborn into a bad joke.

The directional name might have sent a collective groan through the Interwebs, but it wasn't all that surprising. Kimye are probably the most narcissistic couple on the planet so it makes sense that they would bestow such an attention-grabbing moniker upon their first-born. Goodness knows that celebrity-baby BFF Blue Ivy wasn't going to be seen hanging out with any ordinary Ava or Olivia.

But this cutesy combination name sounds more like a brand



SHE SAYS
Jessica Napier
metronews.ca

name than a baby. I can picture it now: Bottles of "North" by North West perfume lining shelves alongside Kardashian Kolors nail polish. Or perhaps she'll launch her own line of stylish toddler apparel emblazoned with compasses pointing toward her namesake.

North West may induce a lot of eye-rolling, but I'm on board with the unusual baby-name trend. My own name happens to be the most popular girl's name from the year I was born and I have often cursed my parents for their lack of originality. I was one of six Jessicas in my grade and constantly mistaken for one of the five Jennifers. The only upside of having such a popular name is that I can always find my nameplate key chain at a souvenir shop. The Jolie-Pitt clan would be so jealous.

Commonplace names can leave kids feeling lost in the crowd; however, children with obscure names are an easy target

for ridicule. And while school kids may be cruel, the Twitterverse is even worse. North West already has Twitter parody accounts poking fun at her and she's only 10 days old.

She may be the celebrity joke of the month, but Kim and Kanye's kid could inspire a new trend toward directional baby names. Bizarre names are nothing new in Hollywood and occasionally the less radical ones will trickle down to the mainstream. Brooklyn — a relatively uncommon choice when Victoria and David Beckham selected it for their son in 1999 — was the 23rd most popular girl's name in Canada last year. Although, fruit names such as Apple, Clementine and Peaches haven't exactly soared in popularity.

It's hard to say if cardinal points as names will catch on among the general population, but at least little baby North West will never have any issues with people misspelling her name. Unless Kim actually did decide to uphold the Kardashian family tradition and name her "Knorth" with a silent K.

Follow Jessica Napier on Twitter @MetroSheSays



ZOOM

Thanks for the lift through London



JEFF MOORE

Magician catches a ride on the outside of a bus

British illusionist Dynamo has wowed Londoners by levitating in the air while holding onto the top deck of a 4.57-metre red double-decker bus.

The 30-year-old entertainer — whose real name is Steven Frayne — appeared to use one hand to hold himself in the air. **METRO**

Q and A

It's 'impossible to explain,' he says



DYNAMO
Real name: Steven Frayne, 30, magician, from Bradford, northern England

Levitating on an iconic London red bus: How did it feel? It was the best perspective I have ever had of London. I could see all the great land-

marks, but at times it was quite scary — the bus had to dodge big branches of trees hanging over the roadside.

How did the public respond on the street? I could imagine a poor old lady getting a big shock ... (Laughs) No, I don't think so. All I could see were people smiling and waving. I think I'm actually quite popular

with the older generation.

Come now, how did you do the trick? It must be a fake arm bolted to the side of the bus ...

No, my arm is really there — and fully intact. And quite frankly it's impossible to explain because it's one of those things where I do what I do and let people come to their own conclusions.

A talent I'm truly envious of is the ability to entertain a room by simply spinning a fine yarn. It's a talent I don't have and I long ago learned to defer to more gifted storytellers, many of whom can be found anchoring these podcasts:

Risk!

A short storytelling podcast with a rotating cast of yarn-spinners, not unlike The Moth. Except completely unlike The Moth in that it's frequently crude, embarrassing and strangely relatable.

True Story

Taking place on a stage of themed dinner parties, True Story tends to be a little more emotionally raw when compared to the antics of Risk!, but that

doesn't mean there isn't room for the occasional tale of underwear-related struggles.

On Taking Pictures

It would be unfair to talk about storytelling without mentioning photography, and hosts Jeffery Saddoris and Bill Wadman's thoughts on the philosophy and science behind exploring the world through a lens can be fascinating stuff, even for pocket photographers.

Comments

Donna posted to metronews.ca

RE: Does Canada Need An Anti-'Revenge Porn' Law? Published online June 24

While it is never OK to post a pic of your ex to a porn site, it would be just so much easier if the pic was never taken! People have to realize that doing something "online" means that you are at the discretion of others, and those others may not be trustworthy.

We shouldn't victim-blame.

The real problem are the people using the personal pics that were sent to them in good faith to act maliciously.

Those are the people that need the lectures ... those are the people that need to be held accountable for their malicious behaviour.

Mandy posted to metronews.ca

WE WANT TO HEAR FROM YOU: Send us your comments: winnipegletters@metronews.ca

Everyone gets old

Orson Welles was a handsome 20-something. Marlon Brando was a sex symbol. Time wasn't kind to either. But time has been kind to many of our own era's former hot young actors, who've avoided binge eating, heavy smoking and other vices to keep looking young and fit even as they creep up in age.

MATTHEW PRIGGE
Metro World News in New York

Brad Pitt

Age: 49
First blush: A Robert Redford look-a-like, one of his first prominent jobs was acting for Redford in his *A River Runs Through It*. That was off the heels of his *Thelma and Louise* breakthrough, in which a 28-year-old Pitt let Geena Davis massage his six pack. That was over two decades ago.
Today: A special effects team didn't have to work too hard to make him look 20ish late in *Benjamin Button*.



Russell Crowe

Age: 49
First blush: The Aussie didn't completely break through into America until *Gladiator* at 36. But more adventurous viewers were all about him since he was 26, when he delivered a rollicking performance in 1991's *Proof*.
Today: Along with Kevin Costner, he's one of Superman's two dads. He's oozed the kind of weary gravitas you get from older, seasoned actors since the start. But now he's really starting to look the part, especially once he started putting on a bit of weight.



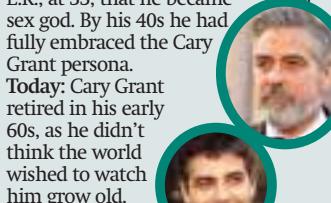
Denzel Washington

Age: 58
First blush: An actor as attractive as he was talented, he was cited in the En Vogue/Salt-n-Pepa song *Whatta Man* as having the ideal face (though a Schwarzenegger body would have made the package perfect, apparently).
Today: We're just shocked he's nearly 60 years old. Like Pitt, he's got a case of Dick Clarkism.



George Clooney

Age: 52
First blush: The nephew of Rosemary Clooney (and son of AMC charmer Nick Clooney), George was a mulleted himbo on *Facts of Life* and a scene stealer on *Roseanne*. It wasn't until *E.R.*, at 33, that he became a sex god. By his 40s he had fully embraced the Cary Grant persona.
Today: Cary Grant retired in his early 60s, as he didn't think the world wished to watch him grow old. Clooney doesn't seem like he'll do the same thing.



Kevin Costner

Age: 58
First blush: At one point, Costner was the biggest star in the world. He got people into multiple films that cracked the three-hour mark, including one fever dream that made up facts to buttress the conspiracy that everybody but Oliver Stone killed Kennedy.
Today: He's Superman's other dad. More important, he's aged into the kind of performer he always wanted to be.



Michael Douglas

Age: 68
First blush: The son of Hollywood royalty, Douglas was the young co-star of *The Streets of San Francisco*, but didn't really come into his own until middle age.
Today: Even more shocking than him being nearly 70 is that his dad, Kirk, is still going, at 96. But yes, Michael Douglas is AARP age, and recently did a killer Liberace opposite Matt Damon, who himself is a boyish 42 (playing 18, mind you).



Will Smith

Age: 44
First blush: He was that nice kid who made nice raps that your parents would like. Indeed, he's the least threatening person to ever record a song about how parents suck.
Today: He's a dad himself. He's by no means old, nor looks it, but he does have a teenager.



Alec Baldwin

Age: 55
First blush: For more than a decade, Hollywood tried to make the elder Baldwin a slim movie stud. He even got it on in *The Getaway* with then-wife Kim Basinger, producing scenes too hot for theatrical exhibition.
Today: Like Russell Crowe, he got even better once he put on some weight. In an episode of *30 Rock*, Jack Donaghey hands Liz Lemon a photo from his youth. She freaks. He asks for it back. Even older, fatter Alec is into younger, slimmer Alec.



Harrison Ford

Age: 70
First blush: Even before *Star Wars*, he was a scruffy-looking go-getter, who stole bits of *American Graffiti*.
Today: He's a first-rate grouch, and as he heads into his 70s he's only going to get grouchier. He was hilariously pissy in *Morning Glory* and *42*, and at some point soon he'll play an old man yelling at kids on his lawn with Clint Eastwood, who right now is 83. But he doesn't look old.



DVD reviews



The Incredible Burt Wonderstone

Director. Don Scardino

Stars. Steve Carell, Steve Buscemi, Jim Carrey

• • • •

No amount of smoke and mirrors can hide the burst seams, frayed wires and bad-hearted humour of *The Incredible Burt Wonderstone*. Steve Carell, Jim Carrey, Steve Buscemi, Olivia Wilde and James Gandolfini star in this comedy of one-upping Las Vegas magicians, but they aren't given much that's funny or magical to work with. Directed by Don Scardino (*TV's 30 Rock*) and scripted by *Horrible Bosses* writers Jonathan Goldstein and John Francis Daley, the movie goes in more directions than a lost white rabbit. It's part laugher, part drama, part romance, part bromance, part comeuppance, part redemption, part nostalgia trip, part social critique, partly sweet, partly gross ... and a whole lot of nothing that really clicks. Extras include deleted and alternate scenes, a gag reel and making-of featurettes.

PETER HOWELL

No

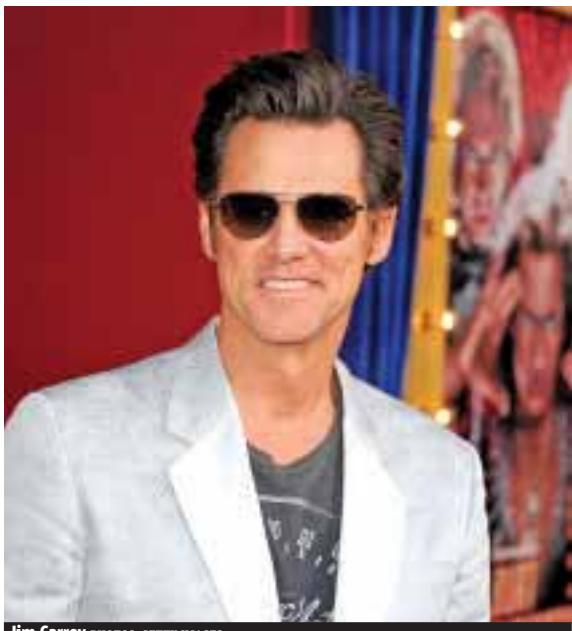
Director. Pablo Larrain

Stars. Gael Garcia Bernal, Alfred Castro

• • • •

Gael Garcia Bernal plays a Chilean version of *Mad Men*'s advertising ace Don Draper, called upon to sell the "no" side of a national plebiscite that will confirm or topple the dictatorship of General Augusto Pinochet — and the fix for "si" is likely already in. Based on real events of 1988, Pablo Larrain's tightly framed film is a mesmerizing, realistic and often hilarious look at the cynical politics of power and the magic required to sell a negative as a positive. Say yes to *No*. Extras include a commentary with Gael Garcia Bernal and Larrain.

PETER HOWELL

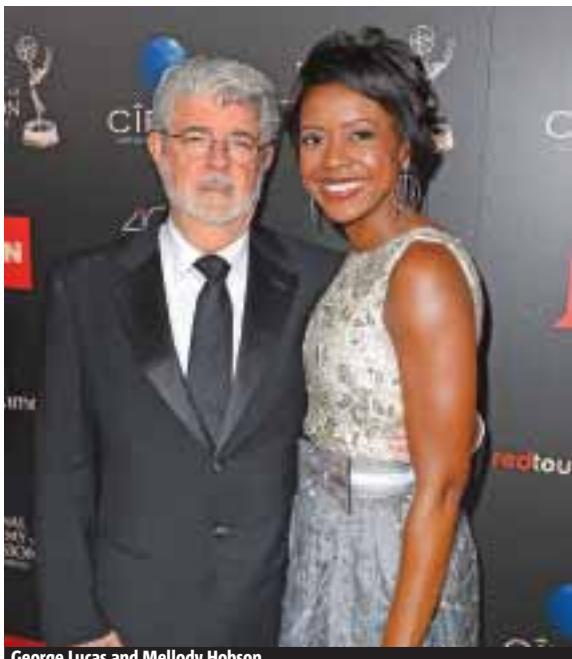


Jim Carrey PHOTOS: GETTY IMAGES

Carrey doesn't think his new film is Kick-Ass

Jim Carrey is publicly distancing himself from his upcoming super-violent comic book film, Kick-Ass 2 in light of his recent anti-gun stance. "I did Kick-Ass a month (before) Sandy Hook and now in good conscience I cannot support that level

of violence," Carrey posted to Twitter, referencing the Newtown, Conn., elementary school shooting that left 26 dead. "My apologies to others (involved) with the film. I am not ashamed of it, but recent events have caused a change in my heart."



George Lucas and Mellody Hobson

May the force be with these happy newly weds

George Lucas married Mellody Hobson in Marin County, Calif., according to People magazine. The ceremony, which was officiated by Bill Moyers, took place on the Star Wars mogul's

Skywalker Ranch. Lucas and Hobson began dating in 2006 and were engaged in January. He was previously married to film editor Marcia Lucas from 1969 to 1983.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



At least Kanye and Kim's daughter has some direction



THE WORD

Dorothy Robinson
scene@metronews.ca

So there is an actual sane reasoning behind Kanye West and Kim Kardashian

naming their daughter North West.

A report from TMZ says that Kim and Kanye believe North is "their highest point together as a couple... the pinnacle of the relationship... and they consider her their 'North Star.'"

That is adorable. But didn't they factor West's last name into this decision?

That she is going to sound like a direction for her entire life?

Where is the explanation for that?



Justin Bieber

Lots of love between Biebs and his manager

Justin Bieber's slew of headline-grabbing antics reportedly have his longtime manager Scooter Braun considering desperate measures to fix the situation — like sending Bieber to rehab, according to Radar Online. "His partying is creating problems. Scooter is very worried about him," a source says.

"Scooter wants him to go to rehab to get his act together. Justin needs to get away from the bad influences in his life." Looking to combat rumours that there might be any tension between them, Bieber and Braun posted an Instagram video of them embracing to the strains of I Will Always Love You.



Will Smith

Independence Day sequel won't have Will Smith

Nearly 20 years after its blockbuster release, Independence Day is officially getting a sequel — but Will Smith won't be in it, according to the New York Daily News. Director Roland Emmerich says the followup to the 1996 alien invasion hit

will make its way to theatres in the summer of 2015 but without the original film's star. "Will Smith cannot come back because he's too expensive, but he'd also be too much of a marquee name," Emmerich says.



Twitter



@Pink

I reply to mean people sometimes because it makes me laugh. I like to show the ridiculousness of it all. All is well. Love is bigger.



@kirstiealley

this reminds me of when I was a cocaine addict but used to call my Dr. before I took certain vitamins



@TheRealNimoy

Alaska. First time here since 1972. Great people. Amazing state.

Solving beach-body blahs

Tony Martinez, Britney Spears' trainer, offers five super simple moves to help you fix some common issues

ROMINA MCGUINNESS



I have a tummy roll and back fat

Do side-to-side mountain climbers

Get into it: Start off in plank (elbows and knees on the ground, hands locked together). Straighten your legs and raise your body, using the balls of your feet for support and keeping your legs hip-distance apart. Bring your right knee to your left elbow, go back and immediately switch sides, bringing your left knee to your right elbow. Staying in plank, shuffle to the left and repeat the exercise. Now shuffle to the right and repeat. Do 10 reps, two to three sets, two to three times a week.

Benefits: Crunches work the core, but add an element of cardio to your strength training, to shave off fat.



My thighs touch and get sandy, giving me a rash.

Do side-to side-lunges

Get into it: Stand with your feet parallel and hip-width apart. Lean to the right side, touch your ankle for 1 second and come right back up. Now lean to the left, touch your ankle and come back up. Do 10 reps, two to three sets, two to three times a week. Have no more than a 15-second rest between each set.

Benefits: This move will help shape, tone and tighten the inner and outer thighs as well as the hips and glutes.



My arms jiggle.

Do a one-arm bicep curl followed by a one-arm tricep kickback

Get into it: Grab a resistance band. Stand with your legs hip-width apart. Stand on one end of the band with your right foot and grab the other end with your right hand. Place that hand on your thigh. Lift your left leg off the ground so that you're balancing on the right leg. Turn your right wrist in and curl your hand in toward your right shoulder. Now bend your knee 30 degrees and bring your right arm back, almost like you're swinging a hammer behind you. Bring yourself back to standing. Repeat on the left side. Do 10 reps on each side, two to three sets, two to three times a week.

Benefits: This shapes and strengthens the bicep and tricep muscles, making your arms look lean.

I have a flat, saggy bum.

Do bear crawl butt squeezes

Get into it: When we walk, we always go forward. So let's try going backwards. Get yourself in a push up position. Lift the right leg up and, pulse it five times. Now take two steps (or hops) back. Pulse that leg five more times and once again, step or hop back two steps. Do five sets of five pulses (hopping/stepping back between each series of pulses) before switching to the left side. Do 10 reps (five on each leg), three sets, two to three times a week.

Benefits: This will firm and tighten your bum by firing up your glutes.



Man boobs

Do chest presses

Get into it: Grab a resistance band. Fix it under a door. Hold the band with both hands, holding your arms up in a 'W' position. Balancing on your right leg only (you want to stand in a flamingo position), bring your right arm out at a 45-degree angle and then bring it back in. Switch sides. Do 15 reps, two to three sets, two to three times a week.

Benefits: No man boobs.

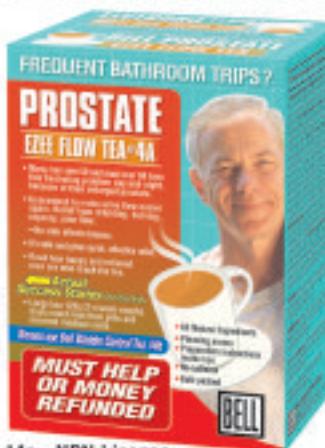
Smart nutrition

What to eat

If you want to lose a few pounds fast, lower your portion size and include protein. "Protein makes you feel fuller and helps you generate lean muscle mass," explains Martinez.

HEALTH PRODUCTS THAT REALLY WORK FOR A HEALTHY LIFESTYLE

Frequent BATHROOM TRIPS?



#4a - NPN License

2nd year to 2.9; after 3rd year to 2.3. I highly recommend the tea. A real life saver. Thomas M. Thurston, Forsyth, GA ■ Women suffering with incontinence, bladder infections, UTIs ask for Bladder Control Tea for Women #4b. Guaranteed relief within days.

IQ for students and older folks

■ Imagine how frustrating it is for someone with a Ph.D. who has difficulties to concentrate and remembering something that happened yesterday. Now that I use your Super IQ Brain Function #36 I seem to be back to normal. I recommend it to anyone experiencing memory loss of any kind. Glenn A. Guidry Ph.D., 55, Nashville, TN ■ Student was surprised with final exams results of 95%! I started taking Bell IQ Function #36 half a year ago when I had trouble remembering things in a course. Things changed drastically when I started to take these capsules. I could concentrate and excel better than ever before. Exam results were 95% correct! Theresa Williamson, 31, Toronto, ON ■ 96 year old lady has some of her mental life back!

I bought the Bell Super IQ Brain Function #36 for my grandma who has dementia. Her thoughts would wander in and out. Since she is taking the #36 we are delighted that she sings again and knows all the words. She acknowledges us again when we meet her. It is so nice to see her have some of her life back. I can't thank you enough. Instead of sleeping pills she is taking the Bell Sleep & Relax Tea #21a and is not groggy anymore in the morning. Wendy Simpson, 52, Calgary, AB

100% Truthful testimonials with full name and towns. Real people wanting to tell everybody about their relief. No money is paid for testimonials. Many more testimonials on the Bell website.

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SNORING? SLEEP APNEA?

As recommended by Dr. Gifford-Jones M. D.

Loose muscles

In the throat cause snoring, also interrupted breathing and gasping for air (sleep apnea), which brings on being tired all day, need for napping, high blood pressure, strokes, heart attacks, irregular heart beat. Read below how Bell helps thousands, usually first night, inexpensively, with no side effects. Greatly improves quality of life and saves marriages. Survey says 48% snore and 75% are suffering if you include the silent suffering partners. To my surprise, after taking Bell Sound Sleep #23 I really didn't snore or gasp for air anymore. I sleep through the night and feel rested and refreshed in the morning. Mark Wilson, 40, Hudson, NH ■ Sleep apnea capsules worked first night! For last 15 years I had sleep apnea and my doctor made me buy a CPAP machine, which I could not use. Finally Bell #23 helped the first night and every night thereafter. Like a miracle. Unbelievable. Karen Braun, 67, Glace Bay, NS

■ For 20 years I was waking up frequently gasping for air. During the day I would start napping every time I would sit down, because I was tired. Since taking Bell #23 sleeping 6 hours is heaven. It made a substantial change in my life. Mary C. Myrick, 62, Jackson, MS ■ It is

such a joy not having to use the CPAP machine. I have had sleep apnea for 10 years. Using Bell #23, my wife says there is no more snoring or stoppage of breathing. It is such a joy to be able to roll to left or right with no hose or mask to deal with. Thank you Bell for a great relief. I suggest anyone with these problems to try it. You will be overjoyed with the results. Wayne Burse, 63, Beamsville, ON.

High Blood Pressure?

High blood pressure is called the silent killer. If your BP is higher than normal, try to get it down to about 120/80. For many people it is easy to control. If it does not work for you we refund your money. On our website you will find over 50 testimonials with full names and towns from all over USA and Canada. Most of them have listed phone numbers and are happy to talk about the relief they had. No money was paid for testimonials.

Dr. C. Hammoud M.H., Ph.D. recommends this effective fish peptide blood pressure natural product. So does Dr. Julian Whitaker M.D. ■ I was on 3 blood pressure drugs that did not work well. After starting Bell #26 my readings are generally well below 120/80. Dona A. Anderson, 76, Sooke, BC ■ My blood pressure was 157/90 and I had side effects from prescription drugs. I bought a monitor. After 6 months on Bell #26 I was down to 120/80. Toni L. McCusick, 52, Elizabethtown, PA ■ At work my driver's medical test was too high at 170/100. After taking Bell #26 for a few days I went down to 128/84 which allowed me to pass my work medical. Kris Gelet, 48, Windsor, ON.



#26

AVAILABLE HERE:

■ **WINNIPEG:** A-1 Nutrition 1120 Grant Ave. (Across from Safeway); A-1 Nutrition Richmond Plaza, 31-2660 Pembina Hwy; Berwick Health Food Ltd., 437 St. Anne's Rd.; Bryce Weber Services 137 Gelet St.; Canadian Nutrition Centre 1795 Henderson Hwy; Double D Health Products 33 Miner Rd.; Great Mountain Ginseng 18 Maple Ridge Ave.; House of Nutrition 770 Notre Dame Ave.; Medicine Shoppe (in Family Foods Grocery) 1881 Portage Ave.; Meyers Drugs 483 William Ave.; Nature's Nutrition 1819 Portage Ave.; Nutrition House Polo Park Mall, 1465 Portage Rd.; Nutrition Plus 2093 Pembina Hwy; Sangster's Health Centre 2727 Portage Ave.; Sangster's Health Centre 1223 Henderson Hwy; Sangster's Health Centre Vista Place 1631 St. Mary's Rd.; Scoop & Save Bulk Foods 3133 Portage Ave.; Sunrise Health Food 814, 380 Main St.; Sunrise Health Food Kildonan Place, 1555 Regent Ave. W.; Sunrise Health Food Portage Place, 303 Portage Ave.; Sunrise Health Food St. Vital Centre, 1225 St. Mary's Rd.; The Medicine Shoppe Pharmacy 115-1100 Concord Ave.; The Medicine Shoppe Pharmacy 2800 Pembina Hwy; The Medicine Shoppe Pharmacy 1510 St. Mary's Rd.; Vita Health Natural Food Store Westwood at 3500 Portage Ave.; Vita Health Natural Food Store Garden City Place, 2211 McPhillips Ave., Unit J; Vita Health Natural Food Store Osborne Village, 166 Osborne St.; Vita Health Natural Food Store Reinders Square, 45-11 Reinders Dr.; Vita Health Natural Food Store St. Vital Square, 19-845 Dakota Ave.; Vita Health Natural Food Store Tuxedo Park, 180-2055 Corydon Ave. ■ **ALTONA:** Little Herbal Shoppe 194 Pioneer Dr.; O'Naturelle 49-4th Ave. N.E. ■ **ARBOG:** Sabine's Reflexology 322 William St. ■ **ASHERN:** Vi's Health Care 11 Main St. E. ■ **BENITO:** K J Barz Health & Hobby Shop 134 Main St. ■ **BRANDON:** Hedley's Health Hut Shoppers Mall, 1570 18th St. @ Richmond; Two Farm Kids Natural Foods, 565-549 St. ■ **DAUPHIN:** Nutter's Bulk & Natural Foods 19 3rd Ave. NE. ■ **FLINFLON:** Pharmasave 37 Main St.; Pharmasave Health 31 Church St. ■ **KENORA, ON:** Edgewater Natural Health 301 1st Ave. S. ■ **LYNN LAKE:** Clarke's Health 461 Halstead Ave. ■ **MINITONAS:** Meadow Sage Naturals 207 2nd Ave. ■ **MOOSEHORN:** Stabner Sales 1 Main Street. ■ **MORDEN:** Garden Valley Wellness 239 Stephen St.; Feelin' Good Health Food & Mobility Products 372 Stephen St. ■ **NEEPAWA:** Herbs Far Health 487 Mountain Ave. ■ **PORTAGE LA PRAIRIE:** Honeybee Health Foods Prairie Health 2450 Saskatchewan Ave. ■ **ROBLIN:** Michael's Drug Store 125 Main St. NW. ■ **SELKIRK:** Gramma Carol's Gourmet Bulk and Health 240 Main St.; Sangster's Health Centre 63A Main St.; Country Connection 240 Main St. ■ **STEINBACH:** Good 'n' Natural 116 Park Rd. W.; Mission Nutrition 13 Bond St. ■ **SWAN RIVER:** White's Drug Store 700 Main St. E. ■ **THE PAS:** Tri Family Health 229 Fischer Ave. ■ **THOMPSON:** Clarke's Pharmacy 50 Selkirk Ave. ■ **WINKLER:** Heartland Herbs 309 Main St.; Herbal Choices 207 Main St.; Honeycomb Health Foods 270 First St.; Pthals Drugs 215-320 6th St.; The Health Habit Southland Mall, 777 Norquay Dr.

The skinny on three recent fad diets

Health issues. Every weight loss method has a pro and con

MEREDITH
ENGEL
Metro World News

Fad diets come and go.

We got to the bottom of a few of them. Here is what we learned.

The alkaline diet

What it is

Remember the pH scale from chemistry? Proponents of the alkaline diet say that we should eat to keep our bodies' pH level more alkaline than not in order to prevent illness and weight gain. People on it go without grains, fish, meat, poultry, dairy and salt, and load up on fruits, green veggies, soy, lentils, seeds and nuts.

Pro

"Our bodies function best when in an alkaline state," says Vicki Edgson, nutritional therapist and author of *Eating the Alkaline Way*. She says eating alkaline helps counter constipation, skin problems, heart disease and a host of other problems.

Con

"I'm promoting the healthiest, most real foods — so if you're eating that way, chances are the acidity of your body will fall into the right place," says Keri Glassman, author of *The New You and Improved Diet*.

The 5:2 Bikini Diet

What it is

Get a hot bod by cutting calories two days a week (women eat 500 calories per day, men eat 600).



Waist reducing diets aren't always what they purport to be. ISTOCK PHOTOS

Pro

"By eating only 500 calories two days a week you will not only get bikini-ready in no time and lose up to 14 pounds

in four weeks, but you'll also dramatically lower the risk of age-related illnesses," says the book's author, Jacqueline Whitehart.

Con

"The first red flag whenever you hear about any fad diet is if it purports a quick fix," counters Joan Salge Blake, a

clinical associate professor of nutrition at Boston University.

"There's no way you can safely lose a tremendous

Need to know tip

The only weight loss advice you'll ever need

- **Quote.** "When you need to lose weight, it's a matter of cutting back on calories, expending more than you take in and going at a slow and steady pace," Blake says. "If you need to lose weight, set your goal for losing for 10 per cent of your body weight over six months. It takes into (account) where you're starting at; somebody losing 100 pounds is gonna be able to do it a little faster."

amount of weight in a short amount of time."

The blood type diet

What it is

Your blood type is thought to have an impact on your digestive system — some fare better on plant-based or low-carb diets, for example.

Pro

"If, God forbid, you go to the hospital and you get the wrong blood type, you have a major problem," says JB Berns, who created the Blood Type Workout.

"On that level, (though) less intense, if you don't eat the correct foods, nor exercise the correct way, you're not gonna yield as good results."

Con

"The foods suggested are healthy; however ... any diet that promotes restricting food groups will be hard to sustain in the long run," says author of *The Small Change Diet* Keri Gans.

Neuroscience

Big brains delve deeper with BigBrain

In what's being called a landmark development for neuroscience, researchers have created a 3D digital reconstruction of a complete human brain that for the first time shows the organ's complex anatomy at the cellular level.

Dubbed BigBrain, the computer-based map of

the brain provides a spatial resolution of 20 microns — smaller than the width of a single strand of human hair and 50 times more refined than existing reference brains available for scientific study. The map permits scientists to zoom into the brain to view various cells in the same way Google Earth allows web users to zero in on a house on a particular street.

"This allows us a completely new level of insight into the brain's organization," said co-developer Alan Evans of the Montreal Neurological Institute at McGill

University.

"What this allows us is to further examine the interaction between different brain regions, the organization of the brain and how it observes behaviour — how it underpins how our brains work and how we function as human beings," said Evans, director of the Montreal Consortium for Brain Imaging Research.

To construct BigBrain, scientists studied the brain of an unidentified 65-year-old woman, who had died with no evidence of neurological disease. **THE CANADIAN PRESS**

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Summer allergens can trigger children's allergies or asthma. ISTOCK PHOTOS

Summer paradise, without the allergies, asthma and achoos

Bless you! Kids don't need to be kept inside — just be careful where you bring pollen and dust mites

ALISON BOWEN
Metro World News

They are so small you can't even see them, but beginning later this month, they might be your child's worst enemy.

Allergens like pollen and dust mites get worse during the summer, starting in late June, says Dr. Timothy Mainardi, co-founder of New York's Hudson Allergy. These can trigger children's allergies or asthma.

Ozone helped along by a

warm city creates high ozone levels in July and August.

Many city buildings might have a cocktail of allergens, too, he says — including dust or the even-more-unpleasant mice, rats and cockroaches.

"If you look at a (older) building, they've been there longer than you," Mainardi notes.

Kids don't need to be sealed away from outside allergens, either, he says — just be careful not to bring them into bed when you get home.

For example, if a child has been playing in the park all day, don't let them strip off those clothes and lay them on the bed. Keep shoes outside the bedroom, too.

"Those are impregnated with pollen," Mainardi says.

And keep an eye on when ozone is high — for example,

Keep them clean

"Dunk them in the shower before they go to bed at night. It's really the super simple things."

Dr. Timothy Mainardi, co-founder of New York's Hudson Allergy, on keeping kids from suffering through allergies and asthma

the early afternoon is when levels are at their peak.

"When you have high sunlight and high traffic, that's when you have high ozone," he says.

Air conditioners help filter air and keep out humidity, Mainardi advises.

And if nothing else?

"Dunk them in the shower before they go to bed at night," he says. "It's really the super simple things."

◀ HAS BECOME ▶

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Model Portrayal | © Procter & Gamble, Inc., 2013

SEE WHAT GIRLS ARE SAYING
AT FACEBOOK.COM/ALWAYS

Screen your sun protection options

Select the right sun protector to suit your summer sojourn.

RICHARD PECKETT
life@metronews.ca



The water baby

Are you intending to spend your summer submerged in the sea? Then take heed of the old adage, "Water water everywhere but not a drop to drink." The saying rings true for your hair and skin, too. Salt and chlorine can strip your skin of much-needed moisture, leaving your body feeling parched. The chelator, babassu and tamanu oils in Aveda's Sun Care Hair and Body Cleanser help remove water nasties, while restoring and protecting moisture balance.

AVEDA SUN CARE
HAIR AND BODY CLEANSER
\$21, AVEDA.COM

The adventurer

If you're the kind of chap who likes to feel the burn (muscles not skin) during your summer hols, this product is for you. Unlike conventional SPF creams, which tend to streak away while you sweat, Kiehl's Cross-Terrain Face Protector has a solid beeswax texture designed to sink into skin, to keep wind and sun damage at bay.



KIEHL'S CROSS-TERRAIN
FACE PROTECTOR SPF 50
\$26, KIEHLS.COM



City break

The Anthony Natural Advanced Formula Lip Balm is a matte balm (no girly lip gloss effect, here) with antioxidant properties that nourish lips and stevia, a natural sweetener that freshens your breath — ideal if you're heading to some bustling urban bars.

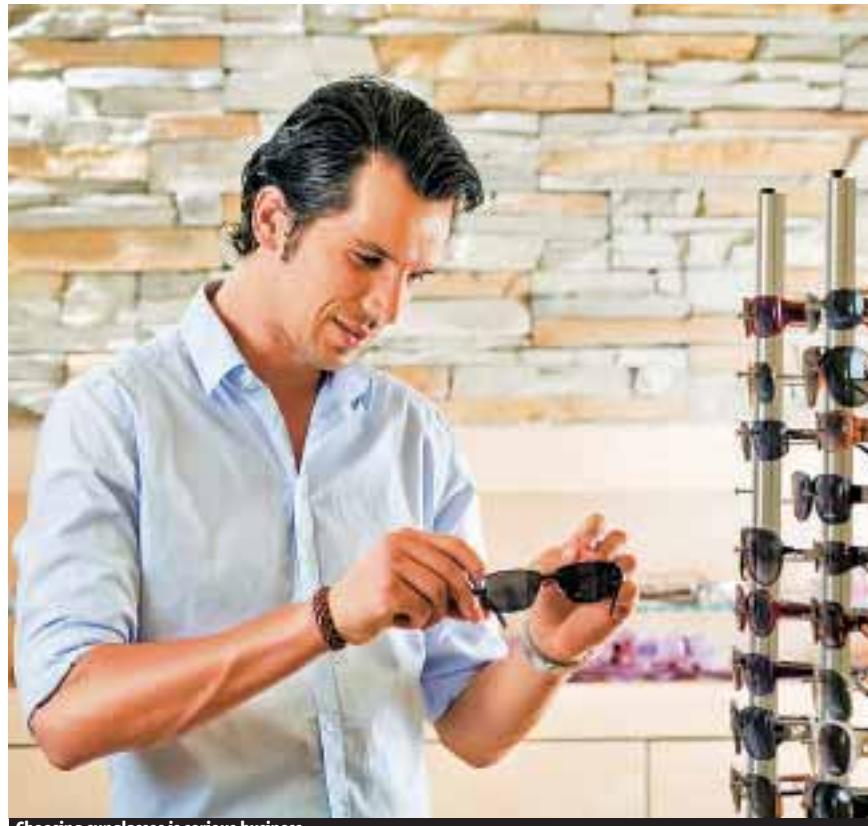
ANTHONY NATURAL
ADVANCED FORMULA
LIP BALM SPF 25
\$8, ANTHONY.COM

Beach boy

While there can be no greater pleasure than a nice long lie-down in the sun, punctuated with a cooling dip in the sea, it does have its obvious dangers. Shiseido's Ultimate Sun Protection Lotion+ SPF 50 claims to prevent sun spots by shielding the inner cells and DNA. On top of that, it's also water-resistant for 80 minutes, meaning fewer re-applications.



SHISEIDO
ULTIMATE SUN
PROTECTION
LOTION+ SPF 50
\$39,
SHISEIDO.COM



Choosing sunglasses is serious business. ISTOCK PHOTOS

Don't be shady, wear the right sunglasses

Eye care. It's not just about what looks good — make sure your sun protection is actually protecting you

When it comes to eye health, most damage comes from UV light. During summertime, when we spend more time outside, the risk greatly increases.

"Sunlight literally cooks the retina," says optometrist Dr. Rupe Hansra, LensCrafters' senior director of eye care. "Over time, it becomes yellow and hard, and we begin to lose good vision."

Wearing sunglasses year-round protects the retina from damaging UVA and UVB light and can help delay the onset of cataracts, macular degeneration and even basal cell carcinomas on the eyelids.

Need to know

Getting pupil pointers

- **Report.** A report from the Healing The Eye and Wellness Center in Florida said that sunglasses harm vision by interfering with pupil dilation, which happens naturally to protect the macula. But you shouldn't worry, Dr. Hansra says. "As long as you have sunglasses with UV 400 protection, pupil dilation isn't a concern."

"The most common part of the body for skin cancer is the tip of the nose," Hansra says. "The second is the lower eyelid, which is very delicate and susceptible to sun damage."

So how do you choose a good pair? Here are Hansra's

tips.

Just like sunscreen, look for a number

"For eye protection, a label that says UV 400 is what people should look for on sunglasses," he says.

Not sure about your glasses' protection level? Your local optometrist can test the UV prescription.

Size counts

"Typically, bigger is better. Choose large sunglasses that wrap around and block extraneous light coming from the side."

Get 'em polarized

"For driving, everyone should wear polarized sunglasses to cut down glare, which is related to so many accidents. Polarized sunglasses not only save your eyes but could save your life, too." **METRO**



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life opens up when you do

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3D WHITE™

Play the role of BBQ hero with a Smoked Pork Tenderloin

1. Pre-heat barbecue to high. Place pork on plate, cover with plastic wrap and let sit 20 mins.

2. Meanwhile, drain water from wood chips. Place soaked wood chips on 2-ft (.60 metres) piece of heavy duty foil. Wrap to make packet; with tip of knife, poke 8 holes. Place on rocks in barbecue; close lid and let smoke develop, 15 mins.

3. Brush tenderloins with oil; season with salt, pepper. Lower heat to medium. Grill covered, rotating pork on all 4 sides, until juices run clear when pork is pierced and just a hint of pink remains, about 25 mins or until meat thermometer registers 165 F (74 C). Remove to clean plate, loosely cover with foil; let rest before slicing.

4. Fontina Cheese Sauce: Pre-heat saucepan to medium-low heat. Add 3 tbsp (45 ml) butter and garlic; sauté 4 mins. or until golden brown. Add wine, 4 basil leaves and bay leaf; increase heat to medium-high



This recipe serves eight to 10 people. DAIRY FARMERS OF CANADA

and cook until reduced to 1/2 cup (125 ml), about 20 mins.

5. Stir in cream, honey, mustard, pepper, salt and nutmeg; reduce heat to medium and cook, stirring 15 mins. or until sauce coats the back of a spoon.

6. With wooden spoon, stir in cheese; lower heat to low.

Cook stirring until the cheese is melted. Remove from heat and cool for 5 mins. Remove and discard bay leaf. In a blender, purée sauce along with the remaining 1/2 cup (125 ml) of basil, until smooth.

7. Serve sliced smoked pork with the creamy Fontina cheese sauce. CHEF RICHARD JULIEN/

Ingredients

- 2 pork tenderloins, trimmed of any silver skin, about 1 lb (500 grams) each
- 2 cups (500 ml) apple wood smoking chips (soaked in water for at least 1 hr)
- 2 tsp (10 ml) vegetable oil
- kosher salt and pepper
- Fontina Cheese Sauce**
- 3 tbsp (45 ml) butter
- 6 cloves garlic, minced
- 2 cups (500 ml) white wine
- 4 basil leaves, plus 1/2 cup (125 ml) packed, divided
- 1 bay leaf
- 1 1/2 cups (375 ml) 35% whipping cream
- 2 tbsp (30 ml) liquid honey
- 1 tbsp (15 ml) Dijon mustard
- 2 tsp (10 ml) fresh cracked black peppercorns
- 1 tsp (5 ml) kosher salt
- 1/4 tsp (1 ml) ground nutmeg
- 1 cup (250 ml) grated Canadian Fontina, smoked Gouda or Oka cheese

DAIRY FARMERS OF CANADA

Health Solutions

Sumac: Not just for shade



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

"rhus juice." It is a very lemony beverage made by soaking the drupes in cool water, rubbing them to extract the flavour and then straining the liquid through a cotton cloth. Some like to stir in a bit of sugar or honey to sweeten.

• Sprinkle some of the lemony liquid in salads for added ORAC. (The measurement of anti-oxidant power in foods is called Oxygen Radical Absorbency Capacity or ORAC.)

• Dry them in the sun and grind them into a spice as in Middle Eastern cuisine.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @ THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

You get a flat tire on your way up to the cottage so you pull over, call for help and sit under a sumac.

Don't just sit there, do something! Ripe red sumac is one of the healthiest wild plants in the country. You are sitting under it for shade, you may as well sample.

Never gather white drupes (the clusters that look a bit grape like). You want the ripe berry red ones.

• Use them to make a drink called "sumac-ade," "Indian lemonade" or



Dinner. Creamy 'Tandoori' Style Shrimp



Ingredients

1. In bowl, whisk cream, yogurt, cilantro, mint, garlic, lemon zest and juice, coriander, paprika, cumin, ginger root, tomato paste, cinnamon, pepper and salt. Reserve 1/4 cup (60 ml); cover and refrigerate.

2. Pat shrimp dry with paper towel; add to marinade and toss to coat well. Cover and refrigerate for up to 6 hours.

3. Preheat grill to medium-high heat. Remove shrimp from marinade. Place on greased grill over medium-high heat; close lid and grill, turning once, until pink, 6 minutes. Place in bowl; stir in reserved marinade. Serve garnished with green onions and lime wedges.

CHEF MICHAEL ALLEMAYER/ DAIRY FARMERS OF CANADA

Rethink classic Surf and Turf

1. To marinate steak, place in nonreactive baking dish. Drizzle lime juice and olive oil over both sides, then season liberally with salt and pepper. Rub seasonings in, then cover and refrigerate.

2. To prepare ceviche, bring

Ingredients

For the steak

- 1 1/2 lbs flank steak
- 1/4 cup lime juice
- 1/4 cup olive oil
- Kosher salt and ground black pepper

For the ceviche

- 1/2 lb raw large shrimp, peeled and cleaned
- Juice of 5 limes (about 1/2 cup)
- 1/4 small red onion, diced
- 2 cloves garlic, minced
- 1/2 habanero pepper, seeds and ribs removed, minced
- 1/2 cup finely chopped cucumber
- 1/2 cup thawed frozen corn kernels
- Kosher salt and black pepper
- 1/2 pound salmon, cut into 1/4-inch cubes
- 1/2 cup finely chopped fresh cilantro
- 1 avocado, peeled, pitted and cubed



This Pepper-Lime Flank Steak with Shrimp and Salmon Ceviche recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

saucepan of salted water to a boil. Have bowl of ice water nearby. Add shrimp to boiling water and poach 30 seconds, then use slotted spoon to transfer to ice water. Once shrimp have completely cooled, use the slotted spoon to transfer them to a kitchen towel to dry.

3. Meanwhile, in medium bowl stir lime juice, red onion, garlic, hot pepper, cucumber and corn. Taste, then season with

salt and pepper. Add shrimp and salmon, and mix. Cover and refrigerate for 1 hour.

4. After ceviche has chilled for an hour, remove the steak from the refrigerator and let stand at room temperature. Meanwhile, heat the grill to high.

5. Remove ceviche from the refrigerator and stir in the cilantro and avocado. Taste and

adjust seasonings.

6. Using oil-soaked paper towel held with tongs, oil grill grates. Season steak with additional pepper, then grill 5 minutes per side for medium-rare. Transfer steak to cutting board and let rest 5 minutes. Cut steak into thin slices across the grain. Divide sliced steak between serving plates, then spoon ceviche over each serving. THE ASSOCIATED PRESS

World's eligible elite

There is still hope for those longing for a royal romance, as today's young and eligible aristocracy are mingling with the rest of us
METRO



The Designer

Princess Sirivannavari Nariratana of Thailand
Sirivannavari is the 26-year-old granddaughter of the reigning King of Thailand Bhumibol Adulyadej.

Family fortune: \$30B
Interest: Badminton. Siri took home a gold medal in the 2006 Southeast Asian Games.
Likely haunt: The Grand Palais — venue for Paris fashion week.



The Party Boy

Prince Azim of Brunei
Azim, 30, loves lavish parties. His 2009 b-day party was dubbed party of the year, with guests including Janet Jackson, Mariah Carey and Sophia Loren.

Family fortune: \$5B
Interest: Designing bags. Azim has made unisex bags for luxury leather goods group MCM.
Likely haunt: Stapleford Park country house hotel, England — his party venue.



The Actress

Princess Theodora of Denmark and Greece.
Daughter of deposed Greek King Constantine II and Anne-Marie of Denmark, the 30-year-old is a bubbly blond who's hoping to crack Hollywood.

Family fortune: \$15M
Interest: Acting. Theodora also enjoys hanging out with La-la Land's social and cultural elite.

Likely haunt: CBS Studios, LA — where The Bold and the Beautiful is made.



The Army Man

Prince Harry of Wales
Harry may have once worn a Nazi Youth outfit at a party and he was photographed naked in Las Vegas, but he's a loyal soldier who fought in Afghanistan.

Family fortune: \$42.5M
Interest: Polo. Harry loves to show off his talent at charity polo matches.

Likely haunt: Mahiki nightclub in London's swanky Mayfair district.



The Fashion Writer

Elisabeth von Thurn und Taxis

Genteel socialite-cum-fashion blogger Elisabeth of the German Thurn und Taxis House has the princely role of style editor at large at *Vogue*.
Family fortune: \$2.3B
Interest: Writing. And her ancestors are even credited with inventing Europe's postal service.
Likely haunt: The Beatrice Inn — celebrity hangout in Manhattan.



The Businessman

Prince Lorenzo Borghese
The 40-year-old is a shrewd businessman, leading a luxury cosmetics line for pets. He also starred as the featured single man on U.S. dating TV show *The Bachelor*.

Family fortune: \$50M
Interest: Animals. Lorenzo loves to bathe pets with pricey organic products from Italy.
Likely haunt: Royal Pet Club — his company based in Bernardsville, New Jersey.

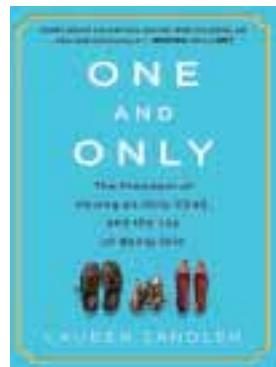
The one and only! No siblings? No problems

Non-fiction. Those stereotypes of only children are totally untrue, says author Lauren Sandler

DOROTHY ROBINSON
Metro World News from New York City

Pity the poor only child. The eldest child is never stereotyped as spoiled; the youngest is never pigeonholed as maladjusted or lonely. Forget giving birth to a small army — it is when you say you are only having one child that eyebrows get raised.

Lauren Sandler is on a mission to change these misconceptions of onlyies with her new book, *One and Only: The Freedom of Having an Only Child, and the Joy of Being One*. Sandler, who is an only child and has an only child herself, found herself being a de facto proponent of stopping after one.



"One day, I got an email from a friend that said, 'I'm pregnant with my second child, and I know how you feel about this.' And I thought, 'I don't know how I feel,'" recalls Sandler, a journalist who writes on cultural politics and women's issues. "Her comment sat with me in a funny way. Then, when I had my child and I was wrestling with what it would mean to not have another, I decided to report it out, like I do for everything."

What Sandler found was "stunning": "Hundreds of studies over decades found that our stereotype of lonely children is totally untrue," she says.

Filled with in-depth reporting (with some wry motherhood observations thrown in), *One and Only* lays it out there: If you decide to only have one child, you aren't "ruining" that child by deciding not to give him or her a brother or sister. You may just create a happier family life because of it.

Sandler is quick to note that she's not saying that having one is the best choice; only that it is a valid choice, and one that parents don't think they can make without seeming selfish or withholding.

"If most people have their first kid for them, and their second kid for their first kid — which is what polls have consistently told us they do — what would it mean if they didn't feel like they had to?" she asks. "Don't have another kid just because you think you're gonna avoid screwing up your first kid if you do."



Author and only child Lauren Sandler with her one-child family. AP PHOTO/COURTESY OF LAUREN SANDLER

The good news about only children

Research. In 500 studies over the past several decades, examining 16 traits including leadership, maturity, extraversion, social participation, peer popularity, generosity, co-operativeness, flexibility, emotional stability and contentment, only children do just as well as siblings.

Motherhood takes some juggling:

- Each child adds no less than 120 hours of housework a year.

- Women devote about 13 hours a week to childcare, up from about 10.5 hours nearly a half century ago. Meanwhile, the American workweek has increased by 13 hours.

- A single child decreases a mother's employment by

about eight hours a week. A second child leads to a further reduction of about 12 hours (to a total of 20).

- Sixty per cent of men say they are struggling with the demands of work and family.

The financial reality:

- A child born in 2011 will cost an average of \$235,000 to raise to age 18.

MOVE INTO THE HEART OF THE CITY

Let's be frank — the inside of your car isn't that interesting. So why do you spend so much time there?

Think about it, you are battling traffic to get to the office. You are doing the same thing to get home. You have to drive to get to Jets games, concerts, art openings, to check out the city's best restaurants and to take part in any of Winnipeg's renowned festivals.

Maybe it's time for a change. Maybe it's time to try living somewhere where you can leave your car parked since almost everything you need is in walking distance.

Maybe it's time to consider downtown.

CentreVenture is working with developers to inspire Winnipeggers to come back to the heart of the city, where things began. Its new website, timetolivehere.ca, details not just a full list of the amenities you would be moving closer to, but also features links to some of the finest hous-

WALKING TOURS

To get a better idea about what downtown living is like, CentreVenture is offering Downtown Urban Living Tours, which will take you through a number of unique, convenient downtown living options, as well as some of the amenities you can find near them. These walking tours are slated for every Wednesday at noon (weather permitting) starting July 3. Check out timetolivehere.ca for more details.

ing options that Winnipeg's most dynamic area has to offer.

Downtown's selection of condos, condo rentals and apartments is as varied and exciting as the area itself — whether you picture yourself entertaining friends in a loft in one of the Exchange District's



CONTRIBUTED

historic buildings, or looking out over the city from the balcony of a new highrise, there are options for almost every need and budget, whether you want to buy or rent.

Think about it — no more shoveling. No more yard work. Because your backyard is now the thriving hub of the city's business community by day, and the centre of one of Canada's best arts scenes

at night. Leave your car in the parkade and walk five minutes to the Winnipeg Art Gallery, the MTS Centre, or any one of the city's hottest clubs or pubs.

It's time to get out of your car and into your city. It's time to live here.

Visit timetolivehere.ca for more information about living downtown. H20 Urban Lofts are available for rent and occupancy mid-summer.



9:35 PM on James Avenue

Go where the evening takes you

Friday night, finally. The week was exhausting, but tonight, I'm in control. Should I go out or stay in? I could check out the new DJ spinning down the street. Or I could invite my sister over for sushi. Maybe the girls want to meet for drinks later. I'll start by pouring myself a glass of wine, send a couple texts and see what the night has in store.

Visit timetolivehere.ca to learn more about living downtown and to join our VIP list for invites to exclusive events.

**TIME TO
LIVEHERE.CA**

Clear out, clean up and make some money – a very appealing prospect!



Create extra space and make a few bucks with a yard sale. ISTOCK IMAGES



YOUR MONEY
Alison Griffiths
money@metronews.ca

Whether you call it a yard, junk or garage sale, the aim is to pad the pocketbook while creating badly needed space in your home. Summer is a great time to capture all those garage sale lovers, but you have to do it right or you'll spend tons of time with little to show for it.

Here are some tips to ensure your pop-up shop on the curb is a success.

1. Advertise it

Tacking a sign on a nearby telephone pole just won't cut it any more.

Craigslist, Kijiji, Facebook and the local newspapers are all good options. Make sure any signs are legible with a directional arrow. One person posted about her very successful sale and noted she put well-

lit pictures on Instagram. This is especially valuable for furniture, which can be a hard sell curbside.

Certain key words draw the weekend bargain shopper such as antique, mid-century, jewelry, high end and collectible. Other desired items include baby things, quality toys and sports equipment.

Avoid long weekends, if you can, as towns and cities often empty out for the duration.

2. Stage it

A dreary layout of old clothes on the lawn and toys scattered along the driveway are hardly a draw. If your offerings look sad, messy and cheap, you won't attract flies. Organize by theme so people don't have to pick through all the household stuff when they are looking for sports equipment.

Place desirable and easily seen items, such as furniture or large funky collectibles, closest to the road. And don't ignore

colour. Cheerful and bright will appeal. At the very least, shell out for some colourful balloons.

3. Clean it

Items will move quicker if they are clean. People might buy dusty teacups, but dirty clothes and rusty tools are a different matter.

4. Price well

Start with 40 per cent of retail for like-new and 20 to 25 per cent for well-used. Include the original price if you can.

5. Use bait

Include (and advertise) a free pile and if yours seems insignificant let the neighbours know. It'll save them gas money driving to Goodwill. Place the pile, marked by balloons in a visible location.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca



Laugh in the face of volatility with these tips

Ask any financial advisor and they'll tell you that it's never too early to create a solid financial plan, regardless of whether you're in your 20s, 30s, or even 40s.

The idea is to set the plan in motion. But after the market instability of the last several years, many people remain uneasy. What's the best way to give your money a chance to grow?

The experts from Desjardins Group suggest that while there are risks associated with investing, they are manageable if you know how to overcome potential setbacks.

What's your biggest risk? Volatility

This is caused by market fluctuations. For example, volatility is caused when prices on the market swing high and then low in quick succession.

During these periods, the strong upturns followed by strong downturns sometimes lead to short-term gains or losses in your investments. By talking to a qualified financial advisor, you can identify your risk tolerance and invest in suitable financial products that



It's time to create a solid financial plan. ISTOCK IMAGES

will grow your capital even in periods of high volatility.

Setting your priorities

Start by being honest with yourself. Are you carrying too much debt? Would you have cash on hand in case of emergency?

Having the full picture of

your financial situation will put you in a better position to achieve your goals.

Become a super-saver

Get into the habit of forcing yourself to save. While this takes discipline at first, you'll appreciate the effort you put in when an emer-

gency arises like an illness, accident or a job loss. Usually, a good emergency fund is the equivalent of three months' worth of living expenses.

Begin by saving the equivalent of one month's groceries. With each paycheque, put aside one to 10 per cent into a separate account — like a TFSA.

And remember: it's more important that you're saving than the total amount that you're saving each

month.

Time's on your side

The impact of volatility on your savings depends on your investment horizon. In other words: the longer you have to invest, the more likely you'll be protected from market shifts, which will allow you to save more.

So it's important to stay on course — no matter what the market is doing. With proper planning, you have reasonable assurance

that you can achieve your goals over the target period, despite occasional market downturns.

Diversification

Basically, it's all about making sure that your investments are well balanced to protect yourself against volatility.

With an advisor's help, look into savings products that offer protection against volatility.

NEWS CANADA

An advertisement for Belgian-Alliance Credit Union. It features a large house with a red ribbon tied to its front door. The text includes "OPEN TO ALL", "RESIDENTIAL MORTGAGE RATES FROM 2.39%", "COMMERCIAL MORTGAGE RATES FROM 2.99%", "HOME EQUITY LINE OF CREDIT FROM 3.50%", and "APPLY ONLINE". Contact information is listed on the right: 387 Provencher Blvd, 204-982-3400; 1177 Portage Ave, 204-927-0460; 101 - 930 Jefferson Ave, 204-927-0450; Wealth Management, 204-293-0179; Commercial Lending, 204-927-0485. The OAC rates subject to change without notice.

BRUSH UP ON DENTAL HEALTH

We make sure to brush our teeth daily — but how about our dogs?

"Dental care is important for dogs — at least 85 per cent of pets experience periodontal (gum) disease," says Dr. Sharon French, a veterinary dentist at the Veterinary Emergency Clinics in Toronto and a Fellow of the Academy of Veterinary Dentistry. "They suffer in silence and, often, we don't realize they are in pain until it becomes a very big problem."

"The classic signs of oral disease are a reluctance to chew hard things, chewing treats or dry food more slowly, bad breath, drooling, a reluctance to yawn, pawing at the mouth and, sometimes, weight loss."

One good way to ensure your dog's mouth stays healthy is daily brushing. Occasional brushing is actually counterproductive because "it smoothes tarter, making it more difficult to remove. And if your dog's mouth is sore, it will make him reluctant to have his teeth brushed," French says.

Also, regular veterinary checkups will ensure that your dog's mouth is healthy.

Even if you brush your dog's teeth regularly, your vet may recommend scaling under anaesthesia to properly and effectively clean all the teeth. Like humans, dogs occasionally need professional cleaning for their teeth. Unlike humans, however, it isn't possible to do the job properly without anaesthesia.

"While it may be possible to remove some tartar buildup on the outside surfaces, it isn't possible to effectively clean and polish areas below the gum line or on the inside of the teeth," French says. "And pet owners shouldn't try and scale the teeth themselves. Besides possibly injuring your dog, without polishing, scaling can leave grooves for tartar to build up more quickly."

There are foods, mouthwashes, treats, brushes and toothpaste designed to help keep your dog's teeth clean and gums healthy. Depending on your dog's oral health, general health and personality (i.e., whether it squirms or relaxes when you attempt to brush), your vet can recommend the right products to help you keep your dog's teeth and gums healthy and its breath fresh.



STOCKLITE/VEER

DOGS CAN, AND WILL, EAT ANYTHING AROUND

Most dogs love to eat — but what they eat may sometimes seem a little odd to their human caregivers.

Here is a quick summary of what it means when your dog eats the following:

GRASS

"Especially in spring and summer when the grass is fresh, grass tastes good to dogs," says Dr. Barb Bryer, head of emergency at the Veterinary Emergency Clinics in Toronto. Usually this is pretty safe, unless the grass has recently been sprayed with a chemical like a pesticide.

"Sometimes if the grass doesn't agree with a dog, she'll throw it up. And, sometimes, dogs eat grass when they feel nauseous to promote vomiting."

In summation, if your dog loves grass, that's fine. If its reaction to eating grass it to vomit, that's probably OK. But if it



garbage can have toxins that can cause dogs to have tremors or even seizures."

TABLE SCRAPS

Most dogs love to eat food off your table.

"Dogs like the taste and the variety — but they also see table scraps as treats because of the manner in which we give them," Bryer says.

This can lead to bad habits and it may be unhealthy for your dog, based on its age, weight and health considerations.

WHAT ABOUT PICKY EATERS?

Like humans, some dogs are just finicky when it comes to food. Some dogs are not gobblers, but grazers. If that's the case with your dog, it is nothing to worry about.

However, if your dog suddenly goes off food, this can be a signal of a health or dental issue. See your veterinarian.

continues, better see your vet.

GARBAGE

In summer, garbage rots faster and smells particularly strong — this attracts dogs to eat garbage even more. Coffee grounds,

onions, garlic, chocolate, plastic and bones are just a few of the harmful things that can make your dog sick.

"Gastroenteritis — diarrhea and vomiting — is a common side-effect of eating garbage," Bryer says. "Also, mould from

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Check what's in your dog's bowl:
www.whatsreallyinyourbowl.ca

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SHINING A LIGHT
ON GREAT INNOVATION

AVAILABLE AT  TARGET

Blackhawks shock Bruins to clinch cup

Stanley Cup final.

Second City second to none after pair of late goals wins Game 6

Bryan Bickell and Dave Bolland scored goals 17 seconds apart late in the third period Monday to give the Chicago Blackhawks the Stanley Cup in an amazing 3-2 last-minute comeback win over Boston in Game 6.

Milan Lucic's third-period goal had seemed to give the Bruins a 2-1 victory and a new lease on life in the final.

But with Chicago goalie Corey Crawford out for an extra attacker, Bickell scored at 18:44 after the Bruins failed to get the puck out of the zone.

Bolland then put them ahead at 19:01, stunning the Bruins and the Boston crowd at TD Garden.

Jonathan Toews, reduced to a spectator the final minutes of Game 5, added a goal and an assist for Chicago as the Blackhawks clawed their way back into the game. He was the first to hoist the cup as his teammates jumped up and down.

Crawford finished with 23 saves in the victory that marked Chicago's fifth championship and second in four years.

“That team in 2010, we



The Blackhawks pose with the Stanley Cup after defeating the Bruins in Game 6 of the Stanley Cup final on Monday in Boston. BRUCE BENNETT/GETTY IMAGES

didn't really know what we were doing,” said Toews, whose status for the game was in question after sustaining an injury in Game 5. “We played great hockey, and we were kind of oblivious to how good we were playing. This time around we know definitely how much work it takes and how much sacrifice it takes to

get back here, and this is an unbelievable group.

“We've been through a lot together this year, and this is a sweet way to finish it off.”

Chris Kelly had the other goal for Boston, while Tuukka Rask made 28 saves. The Bruins offence was limited by a power play that went 0-for-4 on the night. **THE CANADIAN PRESS**

Playoff MVP

Patrick Kane saved his best for the Stanley Cup final, and was rewarded the Conn Smythe Trophy as playoff MVP. He led the Blackhawks in scoring with 19 points on nine goals and 10 assists.

Counting on Buck to have a shot



The amount of success the Blue Bombers will enjoy this season can arguably be tied to the health of quarterback Buck Pierce.

THE CANADIAN PRESS FILE

The Winnipeg Blue Bombers may not be getting much respect from oddsmakers, who have them dead last as a Grey Cup bet this season, but coach Tim Burke will take that wager.

He says the team is further ahead than it was at the start of 2012, when they finished out of the playoffs with a 6-12 record, tied with Hamilton in the CFL cellar.

“Definitely, offensively, we're farther ahead than we were at this point last year,” he says. “(And) I think as far as desire to win we're farther ahead than we were last year.”

Starter Buck Pierce was sidelined last season by a series of injuries, and the Bombers floundered behind their backup quarterbacks. But Burke says the fire in the belly that got them to Vancouver to compete

Rough pre-season

In the Bombers' first pre-season match, they were handed a 24-6 loss at the hands of the Argonauts. That was close compared to the 52-0 drubbing by the Tiger-Cats that closed their pre-season.

for the Grey Cup in 2011 also seemed lacking.

“I don't think we had the fire that we had coming back from the year before and I think we have a little bit more of that this year. Hopefully enough of it to get us some wins,” he said.

To challenge for the Grey Cup this season, the Bombers need Pierce healthy. Failing that, they must rely on one of

their backups — Justin Goltz or Max Hall — to win games Pierce can't play. With his injury record, training camp has been spent weighing who should stand directly behind him on the depth chart.

That focus on backups means Pierce hasn't had much time to work on his game, but he insists he isn't concerned.

“It's OK, they're going to give me lots of reps this week, and we'll get ready to go,” he said as camp wound down.

“I'll be fine. I've been playing for nine years, I'll be OK.”

The Bombers have been prepping a new-look offence and new protection schemes. They aren't taking the wraps off those, though, until the June 27 season opener at home against Montreal.

THE CANADIAN PRESS

NHL

Jets sign Noel to an extension

The Winnipeg Jets have given head coach Claude Noel at least a small vote of confidence, signing him to a one-year contract extension.

General manager Kevin Cheveldayoff says the rest of the coaching staff will also be offered some job security as well.

“You deal with what's right in front of you and the coaching staff now has got an extension to move forward beyond this season and that's something that we all feel comfortable with,” Cheveldayoff said Monday.

Noel is entering his third season with the team and the one-year extension will take him to the end of the 2014-15 NHL season.

Cheveldayoff and Noel said the fact that it was only a one-year extension wasn't that big a deal.

“The term really doesn't determine how you do that job. For me the extension is great,” said Noel.

“Would you rather have a longer term? I think this is fine.”

Noel led the Jets to a 24-21-3 record last season as Winnipeg finished ninth in the Eastern Conference, four points behind the New York Islanders for the final playoff spot.

He coached the Jets to a 37-35-10 record in 2011-12, the club's first season in Winnipeg after relocating from Atlanta, also missing the playoffs.

The former Thrashers haven't seen the playoffs since the 2006-07 season, when they were swept in the quarter-finals by the New York Rangers.

“I clearly see that we have to make the playoffs but it's not easy to make the playoffs,” the coach said Monday on a conference call. **THE CANADIAN PRESS**



The Jets have head coach Claude Noel under contract until the end of the 2014-15 season. GETTY IMAGES FILE

Horoscopes

Aries

March 21 - April 20

A quick decision on your part could lead to unexpected gains today, so be decisive and don't worry if other people say you are taking too many risks. Maybe you are, but life would be dull without them.

Taurus

April 21 - May 21

Just because something worked well in the past does not mean it will work well in the future. In fact, now would be a good time to update your methods. You can afford to be adventurous today.

Gemini

May 22 - June 21

Do you stick with what you know or do you strike out in a new direction? You have never been one to be cautious and now, more than ever, you are inspired to be different.

Cancer

June 22 - July 23

Cancer is renowned for its caring nature and you will get no end of opportunities to show your concern over the next 24 hours. The world is a better place with you in it!

Leo

July 24 - Aug. 23

If you put your mind to it over the next two or three days, you can accomplish something that does your reputation a power of good. Those who were hoping to see you fail will be severely disappointed.

Virgo

Aug. 24 - Sept. 23

You cannot neglect your responsibilities. There are certain things that need to be done and it is your special duty to do them. In days, everyone will be singing your praises.

Libra

Sept. 24 - Oct. 23

This may be a tough time of year for you but there are numerous reasons you should be feeling confident that everything will work out OK. Jupiter, planet of luck, is about to play a big part in your life.

Scorpio

Oct. 24 - Nov. 22

Why are you taking the long way around when the direct approach would be quicker and more successful? Saturn in your sign strengthens your will to succeed but can make you too cautious. Cut corners today.

Sagittarius

Nov. 23 - Dec. 21

You need to be firm with someone who does not seem to care if they let you down. You may be easygoing by nature but that does not mean you have to let others take you for granted.

Capricorn

Dec. 22 - Jan. 20

A deal may be just what you are after but don't act too eager or you may find that those who have what you want make you pay a premium price for it. There is still plenty of room for negotiation.

Aquarius

Jan. 21 - Feb. 19

The most important thing today is that you are aware of the consequences of whatever action you choose to take. Once you make your choice it's unlikely you will get a chance to change it, so take your time.

Pisces

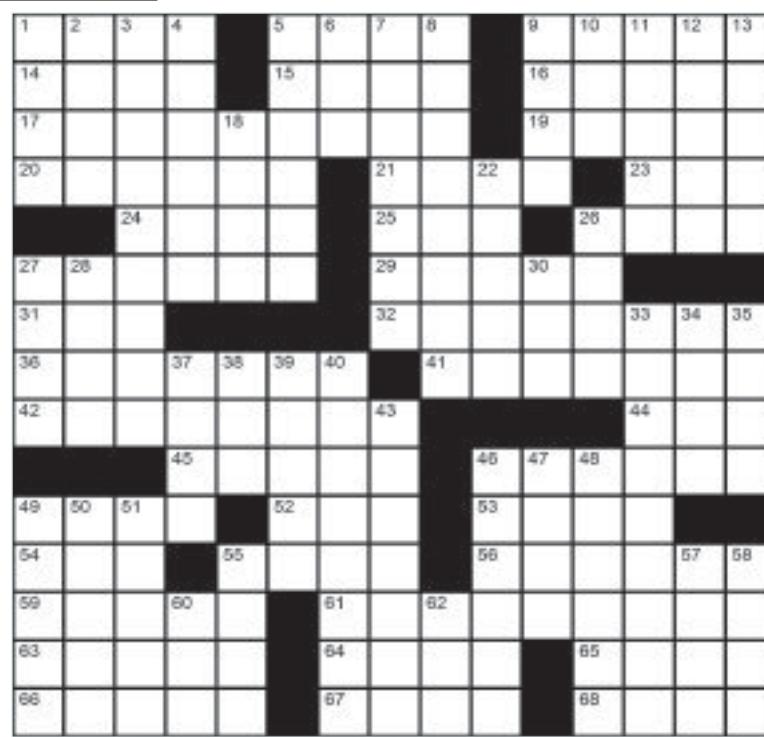
Feb. 20 - March 20

Make a point of doing something others would most likely not expect of you. It will remind the world not to take you for granted. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

- Quite
- Be a street performer
- 'G' of East Coast band GBS
- Music to a joker-teller's ears
- Feed the kitty, as in poker
- Fix came-undone shoelaces
- Travel plan
- Radiate
- Non-meat-eater's burger
- Follow orders
- Snug spot
- "Ohio" by Young
- Curly's pal
- "Guarding" (1994) starring Shirley MacLaine
- Sundae topper
- Surviving Bee Gees brother
- Ad committee
- Guitarist in the Michael Jackson concert rehearsal footage in 2009
- Did better competitively in the pool
- Mark signifying fault
- Drug dubbed Milk of Amnesia
- Mr. Fleischer (White House Press Secretary, once)
- The 'I' in IV
- Movie shots
- Curser's word!



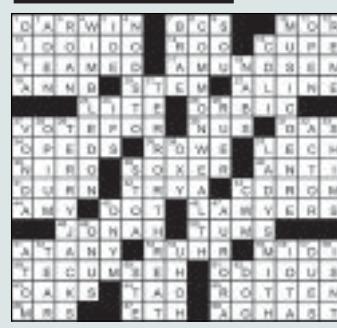
- "A Nightmare on Street" (1984)
- Tricks
- Musician/producer Brian
- Actor's accessory
- Is a volcano, does this
- Gulf of St. Lawrence attraction, —

- City in East Kootenay in British Columbia
- Lost-in-the-desert mirage
- State (University from the song at #24-Across)
- Consequently

- Care for
- Late guitarist Mr. Barrett's
- Celebrity
- Switchblade
- 'Accent' add-on (Emphasize)
- Bay (Bay of Fundy inlet)
- Clothes-holding prop
- Hardly
- Irish actress Ms. O'Connor
- Nickname of CBC host George who now also has a show on CNN
- Computer part

-
- Washer cycle
- Was victorious
- Later on
- Elois are the food source of these Time Machine creatures
- Eel
- Perfumes
- Albertan country singer Mr. Lund
- Habituates, variably
- Bus station
- Lend (Listen): 2 wds.
- Code
- Nuisance
- Ancient outfit
- Hershey's chocolate/toffee bar
- Spy letters
- Et: English

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

Weather

TODAY



MAX: 28°
MIN: 17°

WEDNESDAY



MAX: 27°
MIN: 15°

THURSDAY



MAX: 27°
MIN: 14°



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